

## All About Proteins

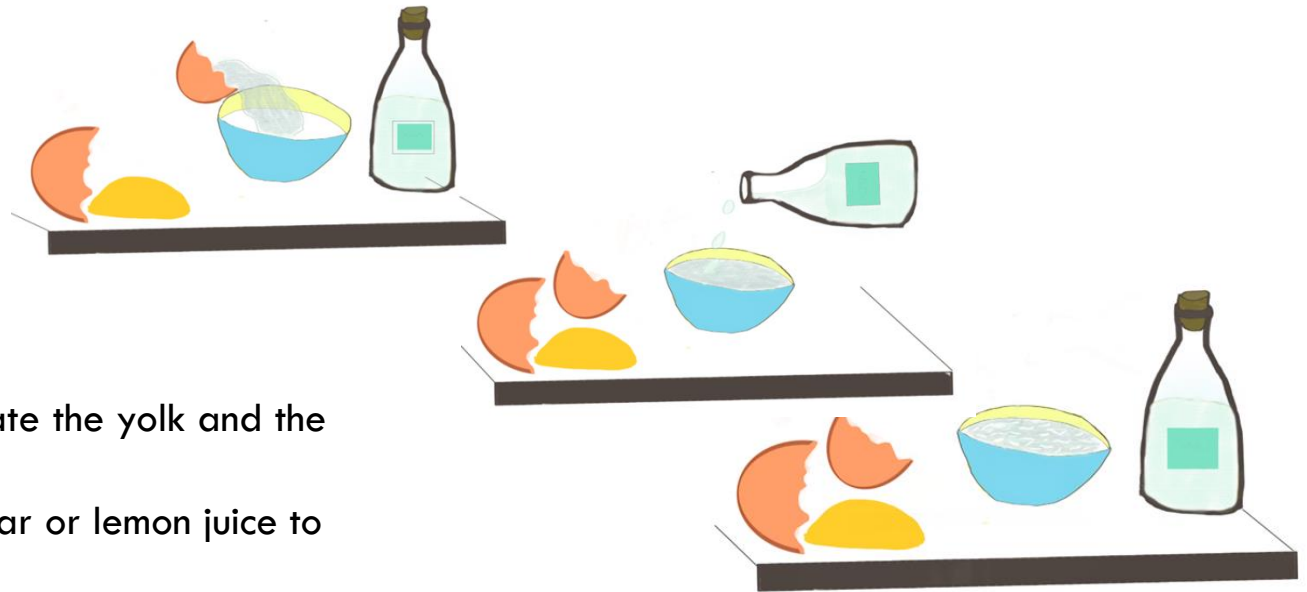
All the muscles and organs in our body are made of proteins. They help us grow and stay strong. They help keep our body fit and help repair it when we fall ill. But where can you find proteins? What do they look like?



Let's find out...

You will need:

- 1 egg (whites only)
- 1 bowl
- 1 tbsp vinegar / lemon juice



What to do...

- Crack one egg and separate the yolk and the whites.
- Add one tablespoon vinegar or lemon juice to the bowl of egg whites.

The white strands floating in the egg whites are the proteins (called albumin) in eggs. The proteins are normally twisted into very tight knots that stay coiled together. The vinegar helps loosen the strands and they come apart and get tangled in each other like loose threads. Lots of different foods have proteins in them – lean meat, fish, milk, eggs, lentils and beans, seeds and nuts.